








FREE STUDENT MEALS Cairo-Durham Breakfast Program September 2018

| | | | | |
|--|---|---|---|--|
| <p>Daily offerings Fresh fruit Assorted Cereal Bagels Assorted Yogurt Assorted 100% juice</p> | <p>4 WELCOME BACK!!</p> | <p>5 </p> | <p>6 Bacon egg and cheese breakfast pizza Or Yogurt parfait</p> | <p>7 French toast bites or WG chocolate chip muffins (2)</p> |
| <p>10 *Sausage egg and cheese sandwich or Pancakes</p> | <p>11 *Jiffy (sausage and pancake wrap) Or Egg and cheese sandwich</p> | <p>12 Blueberry muffins Or Smoothie of the day</p> | <p>13 Bacon egg and cheese breakfast pizza Or Yogurt parfait</p> | <p>14 French toast bites or WG chocolate chip muffins (2)</p> |
| <p>17 *Sausage egg and cheese sandwich or Pancakes</p> | <p>18 *Jiffy (sausage and pancake wrap) Or Egg and cheese sandwich</p> | <p>19 Blueberry muffins Or Smoothie of the day</p> | <p>20 Bacon egg and cheese breakfast pizza Or Yogurt parfait</p> | <p>21 French toast bites or WG chocolate chip muffins (2)</p> |
| <p>24 *Sausage egg and cheese sandwich or Pancakes</p> | <p>25 *Jiffy (sausage and pancake wrap) Or Egg and cheese sandwich</p> | <p>26 Blueberry muffins Or Smoothie of the day</p> | <p>27 Bacon egg and cheese breakfast pizza Or Yogurt parfait</p> | <p>28 French toast bites or WG chocolate chip muffins (2)</p> |
|  |  |  |  | |

Cairo-Durham CSD is an equal opportunity provider and employer.

Any questions, please contact Dan Sickles (Food Service Director) at 518-622-8543, x58900

Milk choices include 1% white, skim chocolate, lactaid and skim white

